

**Regional Camp
Coast**



Teck

Teck Regional Snow Camp (Coast Region) *Gorgeous Early Season Conditions at Whistler Olympic Park!*

**FOR IMMEDIATE RELEASE
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Whistler, BC – The Whistler Nordic Ski Club welcomed 51 athletes to the community last weekend for a Teck Regional Snow Camp. The Camp saw athletes in attendance from throughout the Sea to Sky region in addition to coaches from the Spud Valley Nordic Ski Club (Pemberton), Hollyburn Cross Country Ski club (North Vancouver) and Whistler Nordics.



The goals for this camp were to get in some early season skiing, focus on improving technique, (for both skate and classic skiing), building connections with athletes from other clubs and having fun. With cloudless skies and cool temperatures, Whistler Olympic Park provided excellent skiing conditions. The cool temperatures provided ideal conditions for classic skiing and the sunny skies gave everyone lots of energy throughout the weekend.



The camp included two full days of skiing, where athletes worked in smaller groups with an emphasis on improving technique and fitness. They also worked through various drills to target different areas of skill development. The weekend culminated in a team sprint relay event with the younger kids paired up with the older athletes. All the athletes worked really hard to push themselves for the relay and their determination was impressive.

Skiers and coaches stayed at the Whistler Athletes Centre and had access to the meeting space at the High-Performance Centre for evening activities. Saturday evening included a movie night, with a big screen, to allow the athletes to have some fun outside of skiing. The food during the camp was catered by Whistler Food Co. and everyone enjoyed healthy meals to fill-up on energy, including two hot lunches up at WOP.



The Whistler Nordics would like to extend a special thank you to all the volunteers, the inspiring athletes and Teck Resources Limited for their support. All athletes will receive a toque for participating in the camp.

For more information, please contact:

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Cross Country BC (CCBC), the provincial sport governing body for cross country skiing in British Columbia, is a not-for-profit, club-based organization of more than 27,000 members. CCBC offers programs and services to support the continuous development of cross-country skiing for all ages and abilities, from introductory experiences to international excellence.

Teck Resources Limited is the title sponsor of CCBC's Skier Development Program, thereby supporting excellence in sport and providing youth with experiences that will help them prepare for the future.

For more information on Cross Country BC, please visit www.crosscountrybc.ca.



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